

SCIATICA.

GOUT.



THE MYSTERY OF GOUT. . . .



The Solution of the Great Problem.

An Interesting Treatise which should be read by
all sufferers of Gout and Rheumatic Complaints.

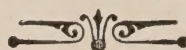
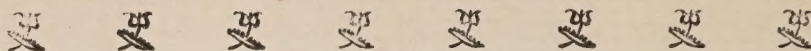
THE ANTURIC SALTS, LTD
12, SUFFOLK STREET.
PALL MALL, S.W.



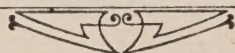
CHILLS

RHEUMATISM

These Salts can be obtained from all Chemists and Druggists, or by applying direct to the Secretary of the Anturic Salts, Ltd., 12, Suffolk Street, Pall Mall, London.



Anturic Bath Salts



FOR . .

GOUT   

RHEUMATISM 

RHEUMATIC GOUT

CHILLS   

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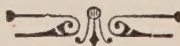
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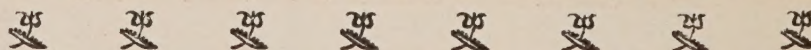
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*And all ailments due to the
Accumulation in the blood of
URIC ACID or other impurities.*

(See page 6.)



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The Mystery of Gout

BY

A. C. MELHUISE.

It has been computed that half the civilised world suffers from gout in some form or another, for gout is merely an expression which signifies a condition of ill-health resulting from the accumulation in the blood and the joints, and in fact every part of the body, of a substance known as *uric acid*, and though in a great many cases uric acid gives rise to the symptoms popularly recognised as gout, it is equally capable of producing sufferings of a very different character. For instance, *lumbago* is often nothing more nor less than the result of uric acid, which has settled in the lumbar muscles of the back. Sciatica frequently means nothing else besides irritation of the sciatic nerve, due to the presence of uric acid. Neuralgia is more often than not of similar origin. It is often difficult to differentiate between attacks of rheumatism and gout, and this is not to be wondered at, when we recognise the undoubted fact that rheumatism is frequently a name given to pains produced by a deposit of urate of soda and uric acid in the joints.

A DIFFICULT PROBLEM

These facts have unfortunately not hitherto been sufficiently well recognised, and in fact the ignorance of the public and the disputes of physicians have been nothing less than deplorable, and it is not to be wondered at that gout and many of its manifestations have been so long regarded as a mystery, and the solution of the problem as to the real nature of the disease may be regarded as a discovery of the utmost importance to mankind.

There may be readers of this article who will be somewhat incredulous as to the statement here made, that gout has hitherto been regarded alike by doctors and patients as an insoluble problem. If so we would refer them to the September number of "The Practitioner," which was entirely devoted to a discussion as to the nature and treatment of this disease. Articles appeared in this magazine from the pens of most of the great medical authorities in London, and

Sciatica and Neuralgia are generally due to uric acid irritating the nerves.

The original of this letter may be seen at our office.

LONDON.

Dear Sirs,

I was formerly a martyr to gout. Every few weeks an acute attack would develop and I became a complete cripple, a bath chair and a set of crutches being daily necessities. I had tried every remedy of which I could hear, but all in vain.

Happily, however, I was enabled to use the Anturic baths, and after the very first I derived benefit, and a course of ten completely cured me. I have remained in perfect health ever since, by taking an occasional bath, and I no longer feel it necessary to restrict my diet in any way. All my friends consider me a marvel, and a number of them who suffered from gout or rheumatism, or sciatica have tried the Salts on my recommendation with excellent results. I shall be happy to answer any questions or supply any further particulars. You may publish this letter in full, if you so desire."

An Anturic Salts Bath will eliminate the Uric acid, thus curing the Rheumatism or Sciatica.

the Editor himself, in summing up the situation with the opinions of all the leading physicians of this country before him, used the following words:—" *We practically come back to our original starting point that gout is a disease that we do not understand.*"

OPINIONS OF MEDICAL AUTHORITIES.

A great authority who wrote the first article, after mentioning the fact that ever since the days of Sydenham, who died 200 or more years ago, "*We have not failed to talk about gout,*" asked, "*How much more do we know about it than he did?*" Another author stated that some physicians regarded gout as being due to germs or bacteria, whilst others attributed it to uric acid, and he added that the two camps are "*at daggers drawn.*" A third, who is well known as a vegetarian, stated that gout is only a symptom of poisoning by flesh and tea, which, he alleged, themselves contained uric acid, whilst a fourth stated that in his opinion meat, fish and tea ought *not to be excluded from the dietary of the gouty, as he had yet to learn that these articles contained uric acid.* A fifth averred that many cases of gout exhibited their *most acute attacks after prolonged periods of vegetable diet*, whilst a sixth, after arguing that it was of more importance to treat the individual as such, than to regard the complaint as being likely to respond to any one form of treatment, used the words, "*In this sense there is no treatment for gout and no special diet for the gouty as such.*" Adding that gouty patients might often be advised to *eat freely of animal food at dinner.*

COMMON CAUSES OF GOUT.

Under these circumstances it will be conceded that gout has been regarded as a mystery, and perhaps with good reason, for the causes of gout are many, whereas it is fairly well established that the presence of uric acid in the blood is a condition which, however produced, gives rise to the sufferings indicated by the term gout; though undoubtedly the presence of this poison in the blood produces much suffering not usually held to be included in the meaning of that term.

We have said that uric acid in the blood may result from many causes. It may be due to the hereditary predisposition; it may be and very often is the result of living "not wisely but too well," in the sense of eating and drinking more than can be digested and assimilated, and finally consumed by the natural process of oxidation which goes on within the body.

An Anturic Salts Bath will purify the blood more effectively than any medicine administered internally can do it.

There are half-a-hundred letters similar to the foregoing, all which may be seen at our office, and in every case the writers are men and women of position. We think it may be desirable, however, to print one testimonial in full, including the name and address of the writer, as we consider that one such authenticated statement must be more influential than a hundred anonymous communications.

The original of this extract from letter may be seen at our office.

From a Master at one of the leading Public Schools—

“UPPINGHAM, RUTLAND.

“I was suffering for eighteen months, being absolutely doubled up with Sciatica, and I went to Bath for the treatment, all to no use. I then took the Anturic Salts Baths, and after six I was *absolutely* cured. For the last two years I have only very occasionally suffered a little from my old complaint, and I eat anything and drink beer, port, whisky, or anything that comes to hand. For a long period I was deprived taking part in the public sports of the School; I am now able to join the usual matches in cricket and football.

“EDWARD R. GURNEY.”

The alkaline matter in the bath combines with the uric acid, and causes its discharge through the skin, therefore rendering the administration of drugs unnecessary.

A disordered liver may lead to gout, and such disorder may be brought about by nothing more formidable than exposure to chill, and under these circumstances no one is safe from an attack.

FACTS ABOUT GOUT.

It is generally admitted that gout is hereditary in many cases, though, undoubtedly, it can easily be acquired by the individual. The first attack often comes on suddenly, with little or no warning; the unfortunate victim has perhaps been indulging too freely in the pleasures of the table, and though there may have been some preliminary digestive derangement, he goes to bed one night apparently in his usual health, only to awake in the early hours of the morning suffering from *acute pain perhaps in the ball of the great toe of one foot*. The joint is swollen and exquisitely tender, and the slightest movement or pressure causes most agonising sensations. The pains are variously described as *tearing, wrenching or grinding*, but in point of fact it is impossible to express in words the suffering which is endured. After a few days the inflammation subsides, and the patient may feel quite well; but his enemy having found him out will not leave him long in peace, unless strong measures are taken to prevent his return, and under ordinary circumstances, and with nothing better than the ordinary treatment, it is probable that the attacks will *recur with increased frequency* and severity. Moreover, from this time onwards the individual may be pronounced as “gouty,” and he will be liable to a hundred different afflictions and troubles. Gout has many allies, and it assumes many forms, and it is now so prevalent a disease that most persons suffer to some extent from gouty manifestations. In this short article it is impossible to even mention a tenth part of the evil consequences of gout. Having attacked a small joint in the foot, larger joints may become involved, and *permanent swelling* may occur. The gouty inflammation may next affect the stomach, or the eyes, or the throat, or it may settle upon certain of the nerves, in which case it may be described as *sciatica* or *neuralgia*, which are often nothing more or less than *gout in the nerves*. It may simulate *rheumatism*, or it may lead to or aggravate a dozen chronic and troublesome complaints—in fact, there is hardly anything in the way of disease that is not made worse by the “*gouty diathesis*,” as a tendency to this disease is termed, there is, however, one consolation to the gouty patient, and that is that such persons seldom suffer from consumption, for it is believed that the

If you have caught a chill and you feel feverish, take an Anturic Bath, and the illness will be checked at once.

Nothing will cure an incipient cold like an Anturic Salts Bath.

Anturic Baths will keep your system free from all early symptoms of uric acid accumulation, which are easily realised by acute pains in the joints and muscles and stiffness in the ligaments of the body.

The accumulation of uric acid in the blood is the cause of many forms of illness. The occasional use of Anturic Salts prevents the formation of the uric acid. A course of the baths removes it from the blood.

If you suffer from lumbago, Anturic Salts will cure you.

presence of uric acid in the blood which is productive of so much suffering to the individual, is unfavourable to the development of tubercular germs, and therefore, if these undesirable colonists do gain entrance to the lungs, they do not find the conditions congenial. It is said that everything has its compensations, and if this is a compensation it is at least the only one that the gouty person gets, for with this possible exception the presence of uric acid in the blood is *productive of nothing but evil*.

THE REAL CAUSES OF GOUT.

There is little doubt as to the real cause of gout. It is due probably in every case to an excess of certain articles of food and drink, such excess being generally *habitual and long continued*, and leading after a time to a disturbance of the functions of the liver, owing to which the food is not completely digested, insoluble and poisonous matters being evolved in place of some of the normal constituents of lymph and blood. The chief and probably the most harmful of the products of disordered biliary function is URIC ACID, and it is the presence of this poison in the blood that accounts for the manifestations which go by the name Gout, though it is also probable that in most cases there are in association with the uric acid *other poisonous substances which are also the result of impaired biliary function*. It must be remembered that the tendency to the formation of uric acid may be inherited.

From what has been said it will be clear that in every case of gout two things should, if possible, be done, first, the *formation of the acid* should be as far as possible prevented, and secondly that which is already there should be *eliminated or removed* from the blood. If these two things could be readily accomplished, the cure of gout would present no difficulty; until recently, however, as the extracts from the essays quoted above will show, the medical profession was far from an agreement as to the best way in which to combat the uric acid fiend. A few years ago, however, incidents which shall presently be related occurred, which, being followed by many careful and critical observations, have led the writer not only to the belief, *but to the actual knowledge* that gout is curable, and that in a large proportion of cases the cure can be effected without drastic interference with the diet and without the use of medicines.

A DISCOVERY OF VAST IMPORTANCE.

In the year 1896, the writer was interested in a case of Gout of exceptional severity, the sufferer had had many

Gout is the legacy of thousands, and its cure has hitherto baffled the skill of medical science. Anturic Salts have never been known to fail.

A Gentleman from Devon writes:—

“I have used the Anturic Bath Salts since last April, having been for many years a sufferer from intermittent attacks of Gout. Up to the present I have had no return of it since the above date.”

A Harrogate Gentleman writes:—

The Anturic Salt Baths have removed a long standing attack of Sciatica and he is able to attend business as of old. At one period he was not able to walk to the station. He asks for a further supply for himself and for his friends, to whom he has strongly recommended the treatment.

Every woman should use Anturic Bath Salts; for the cure of anæmia they are unrivalled. They improve the complexion, and a course of baths will bring the glow of health to the most anæmic subject.

attacks, each one seeming to be worse than the last, till at length *life became almost intolerable*. His physician had tried *colchicum*, and all the usual remedies both for internal and external use in vain, and both the patient and his friends were in despair. *Spas and watering places* had been visited, and *medicated baths of many kinds* had been tried. In spite of treatment, however, the patient went from bad to worse. He was dependent upon crutches, and even had to be carried up to bed at night; the drugs administered to him further depressed his health, and eventually his condition was so serious that hope was abandoned. Fortunately the physician, after most carefully reasoning out the matter, devised *an alkaline bath of an entirely new form*, which when used in this case led to results of a character so striking as to appear marvellous. The patient to whom reference is being made had to be assisted into the bath, and so helpless was he that he grudged the slight discomfort of being prepared for the process. No sooner was he in the bath, however, than he began to *feel relief*, though being a sufferer of long standing from a disease which had become chronic, he could not derive more than a certain amount of relief on the first occasion. This relief, however, was so *unmistakable* that he persevered in the treatment, and to make a long and almost incredible story into a short one, he was *restored to perfect health in the course of eleven weeks, during which he had taken ten anturic baths*.

This case led to a series of experiments, and to the application of the treatment to many other cases of gouty and rheumatic ailments, with the astonishing result that *every one received marked benefit and most were completely cured*.

The patient first referred to naturally sang the praises of the treatment, and his friends and acquaintances joined in chorus, till at last sixty persons had been the subject of this wonderful cure, and the special alkaline salts from which the bath is prepared had to be manufactured in large quantities, and it was decided to give to the public the opportunity of obtaining the benefits which had previously been confined to the friends of the first patient, and those who by personal means heard of this very wonderful recovery.

THE ACTION OF THE ANTURIC SALTS

It has been suggested that the bath which was used in this cure was quite unlike any other alkaline bath, and therefore it will be asked: "What is the effect of the bath?" and in reply

Anturic Bath Salts seldom fail to cure Acidity, Heartburn, or Flatulence after Meals, and a Bath taken according to the directions is a certain remedy.

An Ex-Officer from Norfolk writes

That he has not the slightest objection in stating the value of the Anturic Salts. A sufferer for many years, he has taken the Baths for some months and has found them do him more good than anything that has been prescribed for him before. Many of his friends also have found great relief.

A Gentleman from Yarrow-on-Tyne writes:—

“I thank you on behalf of my mother and myself for the benefit she received from the use of your Salts. You can use this letter as you like.”

A Gentleman from Falmouth writes:—

“I enclose a cheque for a dozen tins of Anturic. I have no acute Gout now, and presume that one Bath a week, using half a tin of Salts, should keep the enemy off.”

to this it may be stated that the peculiar properties of the Anturic Salts are that they extract the uric acid from the blood through the pores of the skin, and this is, in fact, precisely what is needed. All that the bather notices is that he perspires very profusely, and that his skin whilst in the bath becomes very slippery, owing to which he must take care to tread on a rug or towel, and to take a firm grip on the side of the bath on emerging from it. After the bath a delightful feeling of refreshment will be experienced, and a most imperative appetite will soon manifest itself. It is usually unnecessary to restrict oneself to any special dietary, provided, of course, that moderation is observed. The patient whose case has been mentioned has never suffered any attack of gout since his remarkable cure, nor does he avoid any particular article of food or drink. All that he does to preserve his health, in addition to ordinary precautions which every sensible person takes, is to have an Anturic bath about once in every four weeks.

In cases of "Chill" with high temperature, one Bath will remove all mischief.

TESTIMONY.

It is an easy matter for any person anxious to sell a medicine or remedy of any kind to publish testimonials, but an intending purchaser must feel some doubt as to the genuineness of statements that are unsigned or printed without addresses, and a wonder as to the reliability and responsibility of the writers. It is therefore a satisfaction to be able to mention that there can be no doubt as to the value of the testimony which we offer as to the Anturic Salts. To begin with, the patient whose case has already been described is a man of position, and he is willing and anxious to see anyone who may desire to hear his testimony at first hand. He is a magistrate, and his name is well-known, and his narrative never fails to carry conviction. Anyone who reads these words, and who may be wishful to hear the story for himself, need only apply to the ANTURIC SALTS COMPANY at 12, Suffolk Street, Pall Mall, London, S.W., to be put into communication with the subject of our remarks.

Price: 1s. 6d. per Tin.

From a well-known London Solicitor:—

“I have pleasure in stating that your Anturic Salts have done me infinite good in practically curing long-standing painful Rheumatism in my arm, and one or two of my friends to whom I have mentioned the Salts have also derived great benefit from their use.”

From a Medical Officer of one of H.M.'s Prisons:—

“Dear Sirs,

Please accept my best thanks for the three tins of Anturic Salt you so kindly sent me about a month ago. I am glad to be able to tell you that I have derived very marked benefit from the baths, and another bath or two will, I feel sure, complete the cure. You may remember I told you at our interview of my having had persistent Sciatica for about four months.

I am so satisfied with the result in my own case that I shall recommend the remedy to my friends, and also use it in my practice.”

A Lady from Chard writes:—

“I have tried the Anturic Bath Salts and gladly give my testimony to its helpfulness in Gouty and Rheumatic tendency, specially in Neuritis and the burning of the Feet, so great a trial to the Gouty patient.”

Directions for using the Anturic Bath Salts.



FILL a Bath with water as hot as it can be comfortably borne; in all cases the Bath is more efficacious when used as hot as possible, provided of course that the excessive heat to the extent that would lead to scalding of the skin be avoided, but with this indication the actual temperature may be safely left to the discretion of each Patient.

The Bath is in all cases absolutely harmless, and may therefore be employed by those in perfect health as well as by those suffering from Gouty or Rheumatic manifestations.

It should be remembered that persons suffering from heart disease should not indulge in very hot Baths, but in such cases it will be sufficient to take advice as to the maximum temperature which can safely be borne.

Apart from the specific benefit in cases of Gout and allied disorders, the Baths are at all times refreshing and exhilarating to an extent that must be experienced to be fully realised.

The Bath is prepared by simply mixing the contents of one tin with the water in the Bath immediately before entering.

Patients may remain in the Bath from fifteen to thirty-five minutes, so long as they may feel comfortable. As a rule it is well to stay in not less than twenty minutes,

After the Bath perspiration may continue for some time, but the Patient will not be predisposed to take a chill, and as a rule he may go about as usual, though a rest of an hour or so is both agreeable and beneficial.

The Bath promotes the appetite to an amazing degree, therefore it is beneficial to bathe before meals. Some persons prefer the process just before bed time. It is best not to take a Bath within two hours after a full meal.

The Baths may be taken twice during every week for a course of twelve baths, which is usually sufficient for a cure, but there is no objection to greater frequency, unless the skin is particularly irritable.

After the cure an occasional Anturic Bath will preserve health and prevent recurrence of the disease.

Anturic Salts, combining with the matter exuded by the skin, render the body slippery; therefore a wet towel placed over the side of the Bath is useful, as it enables the Patient to take a firm grip on emerging.

The Patient should be entirely immersed in the water excepting the head and face, which, however, should be freely bathed whilst lying in the Bath. It is always desirable, though not essential, to wet the hair with the Anturic Bath Water.

In severe cases two tins of the Salts may be used at once in a single Bath.

Where the use of a full Bath is inconvenient, and where the pain is local, benefit may be derived from the use of Anturic fomentations, for which a tablespoonful of the Anturic Salts should be dissolved in a gallon of hot water.

1s. 6d. per Tin.

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